



January— Stalking Awareness Month



Chris Owens
Director

Starting your New Year out right should include a plan for taking care of yourself. The hustle and bustle of our lives often leaves us feeling like 24 hour days are not enough.

Where do we find extra time? Frequently we add hours to our day by sleeping less. That may seem like an easy way to gain time, but instead it may help us [gain weight](#).

Those [extra pounds](#) aren't the entire story. Medical research indicates lack of sleep and unnatural sleep cycles are [linked to numerous health issues](#). In June 2012, OFW sent you invitations from the Army of Women to participate in [research](#) on connections between shift work and breast cancer.

Too little sleep reduces awareness & ability to perform tasks. It is estimated that in the U.S., [100,000 car crashes each year](#) are due to sleep deprivation. The Center for Disease Control considers [sleep deprivation an epidemic](#) among American adults.

Get your beauty rest!
Be good to yourself and take an easy step toward better health!

According to national data available through the Center for Disease Control (CDC) one in every 6 women have been stalked during their lifetime. [In Kentucky it is one in every 4 women](#) who have been stalked. [Kentucky's stalking rate leads the nation](#).

Stalking is a serious matter. Some estimates indicate a victim of domestic violence who is stalked has a 75 % greater chance of being killed. [T. K. Logan, of the University of Kentucky, who will be attending a meeting at the White House](#) on this issue, was the author of a 2010 research paper sponsored by the National Institute of Justice. Among her findings: Stalking behaviors often overlaps with sexual assault and violence, and can cause anxiety and depression in its victims.

T. K. Logan and Teri Faragher are the forces behind [OutrageUs.org](#); a non-profit resource on stalking with a mission to turn "... outrage to into action." A powerful feature is a collection of "mini-videos" documenting the harmful experiences of stalking by victims in their own words.

What can you do?

1. Be aware: Stalking is a pattern of unwanted attention. *Know It. Name It. Stop It.*
2. Know how to [create a safety plan](#) for yourself or someone else. [76% of women killed by their abusers had been stalked.](#)
3. Recognize that being stalked is frightening and dangerous for the victim even if others think the behavior is cute, friendly or helpful.
4. Don't encourage or assist stalking behavior.
5. Know how to document incidents related to stalking and who you can call for help.
6. Talk to young people—including children—about stalking. Stalkers use technology but there are apps like [CIRCLE OF 6](#) to assist victims when they need to reach out.

[Ages of First Stalking Victimization \(CDC Data\):](#)

- 18.3% ages 11 - 17
- 34.3% ages 18 - 24
- 28.5% ages 25-34

National Slavery & Human Trafficking Prevention Month

President Obama declared January to be [National Slavery and Human Trafficking Prevention Month](#). We may believe slavery and human trafficking are things of the past or only happen far away from us. The LEO article (right column) tells a different story.

Unfortunately, many other similar stories have been told and many more remain untold in the U.S., Kentucky and the Louisville Metro Area. [Kentucky Rescue and Restore](#) says: *After drug dealing, human trafficking is tied with the illegal arms industry as the second largest criminal industry in the world today, and it is the fastest growing.*

The Kentucky Association of Sexual Assault Programs (KASAP) analyzes current law, services available to victims and [concerns regarding the treatment of minors](#) who are trafficked. One finding: *Most Human trafficking indictments under Kentucky law, have involved children ages of 6-17 exploited by a caregiver.*

**Courtesy of KY Rescue & Restore Program
To the Louisville Human Trafficking Task Force:**
Excerpt from "Derby Traffic" by Anne Marshall, LEO Weekly, April 18, 2012 (Louisville, KY)

The back seat window rolls down, revealing the youthful face of a 17-year-old. A 12-year-old girl, Goodwin's niece, also sits in the backseat. "Is the price still \$75?" [the undercover officer] asks the teen. "Yes," she replies, rolling her window back up.

...

A detective isolates the 17-year-old for questioning. ... The teen claims Goodwin has injected her with heroin on numerous occasions. She says Ritter has physically forced her into prostitution to help feed his and Goodwin's drug habit.

A search of the Explorer yields syringes, tourniquets and marijuana. As officers fill out paperwork, Goodwin flags over Lt. Pearson. She admits driving the teen to the parking lot for sex, but says, "I can't control what she does."

The **Louisville Metro Office for Women** (OFW) uses policy and advocacy to improve the status of women in the Louisville Metro area. OFW is a Policy, Advocacy & Community Outreach office within the Louisville Metro Department of Community Services and Revitalization. OFW Committee involvement examines women's needs, system responses and assists in development of recommendations. The Office serves as an information and resource hub, maximizing resources through community education & partnerships, communication, collaboration, interns/volunteers and technology.



OFW Community Calendar

National Stalking
Awareness Month.

[Take the Stalking Quiz](#)

Click Icons for Resources

Community Calendar & News

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Unity In The Community hosted by
Louisville Metro Human Relations Commission
"Putting The Pieces Together"
January 25, 2013—9am-12:15pm

REGISTER [ONLINE](#)

For More Information:

PH: (502) 574-3631 TDD: (502) 574-4332

FAX: (502) 574-1216 Email: hrc@louisvilleky.gov

Shop & Share—February 2, 2013:
Since 2008 this annual event has collected goods & funds for Kentucky's 15 domestic violence shelters.

[Shop & Share](#) is a joint initiative of the First Lady's Office, Kentucky Domestic Violence Association (KDVA), Kroger, Food City, Kentucky Commission on Women, General Federation of Women's Clubs,

Girl Scouts of Kentuckiana, Girls Scouts of Wilderness Road Council, and Kentucky Drug Court.

Click [Here](#) to find out more and volunteer.



"Modern Day Slavery: Breaking the Chains"
A conference hosted by U of L's Women 4 Women student chapter and Women's Center:

Jan. 16 on the University of Louisville Belknap Campus (Red Barn) from 6-8 pm.

Money raised through ticket sales will support a summer service learning trip to Peru, where U of L students and employees will meet with women who are survivors of sexual violence & human trafficking.

More information [here](#). Tickets, [available online](#).

The World Affairs Council of Kentucky and Southern Indiana (WAC) is a non-profit educational organization that promotes global activity.

Whether it's hosting VIP visitors from abroad or organizing speaking events on current international topics, WAC strives to connect Louisville to the world.

Brian Michael Till

Author, Conversations with Power

["Leadership for a New Generation: Lessons from World Leaders"](#)

Date: Jan. 15, 2013

Time: 6:00 p.m.

FOSTER PARENTS NEEDED: [See why ABC's 20/20 chose Maryhurst](#) as a best practice model for kids in foster care.

Did you know there are nearly 6800 KY children in foster care? Maryhurst goal is to ensure that all of our children have a safe and loving place to live. To achieve this goal we need dedicated foster parents. We would like for you to help us!

Foster Parents NEEDED!
Free training/certification
Compensation provided

24 hour support provided by Master's-level therapists Open to all lifestyles Single or Married KY residents only Serving boys and girls ages birth to 21

Contact [Maryhurst](#) for more information :
502-499-1570



Stalking
resource center



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